



ITF Online Coaching Education Scheme

Miguel Crespo, PhD.
ITF Development Research Officer

ITTF Conference, Barcelona May 2010

Goal of the session

- Introduction and insight into the learning tools currently available for coaches and provisions for the future:
 - Background Info.
 - Tennis iCoach development
 - Transfer to new platform



About the ITF

- The ITF is the **world governing body of Tennis** - one of the few truly global sports
- The objective of the ITF is to further **grow and develop the sport worldwide**
- The ITF has **205 member National Associations** - more than most other international sporting federations
- The ITF is responsible for the **Rules of Tennis**, including the technical specifications for courts and equipment and the certification of tennis officials
- The ITF controls the two largest annual international team sports events in the world - the **Davis Cup for men and the Fed Cup for women**
- The ITF is involved at the highest levels of the game, including the **Olympic Games**, to which tennis was reintroduced as a full medal sport in 1988
- The ITF **works closely with the four Grand Slams** - the Australian Open, Roland Garros, Wimbledon and the US Open
- The **Grand Slam Development Fund** and the ITF invest more than US\$4 million per annum into initiatives for the growth of the game
- The ITF **markets tennis** through television, PR, event management and sponsorship

International Tennis Federation - The World Governing Body of Tennis

JUMP to more ITF websites

ITF tennis.com

DEVELOPMENT

Home News Development Programme National Programmes Development Officers JTI Player Development

ITF Development

Welcome to the Development Weblet, part of ITF Online
This section of the ITF's Official website contains information on Development. Please click on the link above to find out more...

ITF Development Links

 [Grand Slam Development Fund](#)
 [Olympic Solidarity](#)

ITF Coaches Education

(02 Aug 2004) Coaches Education continues to be a priority for the Development Programme, with biennial Regional Workshops an integral part of this activity. For further information please see the [Coaching Weblet...](#)

Uzbekistan players dominate ITF Zone 3 Asian Junior Championships

(24 Sep 2004) After eight days of highly contested matches, the ITF Zone 3 Asian Junior Championships held at the National Tennis Stadium in Ashgabat, Turkmenistan came to a close on 22nd September 2004....

Success for the ITF Junior Team to North America

(21 Sep 2004) The 2004 ITF International Junior Team Tour to North America came to an end in the American state of Kentucky this weekend....

Photo Gallery



Upcoming Development Events

19 – 30 September
ITF/OS Regional Level II Coaches Course, Sozopol, Bulgaria
25 Sept – 6 October
ITF Level II Coaches Course, Cali, Colombia
28 Sept – 9 October
ITF/OS Regional Level II Coaches Course, Bahrain
2 – 10 October
ITF Level I Coaches Course, Amman, Jordan
4 – 12 October
ITF/OS Pre Level II Coaches Course, Addis Ababa, Ethiopia
4 – 15 October
ITF/OS Regional Level II Coaches Course, St Vincent & the Grenadines

2004 South-East Europe Regional Training Camp

(12 Aug 2004) The first ever ITF / Tennis Europe South-East Europe Regional Training Camp for players aged 14 & Under was held at the Ankara Tennis Club in Turkey from 8 – 13 August 2004....

ITF Pacific Oceania Junior Championships 2004

(31 Aug 2004) The 2004 ITF Pacific Oceania Junior Championships (POJC) was another exciting affair, with the team from the West Pacific continuing its domination of the annual event which plays host to the best 18 & Under and 14 & Under players from throughout the Pacific region....

Contact Us

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- Juniors
- Wheelchair
- Equipment
- Tournaments
- Training
- Facility grants

www.itftennis.com/development

ITF Coaches Education Programme

- **MISSION:**
- To assist the National Associations of the ITF to further develop tennis coaches education (More Coaches, Better Coaches) with a particular emphasis on those countries that are considered to be less developed tennis nations.

ITF and Coaches' Education



- Goals:
 - Help educate NA as to the importance of CE
 - Improve level of coaching worldwide
 - Assist NA develop their own CEP's
- ITF does NOT certify coaches
- Policy:
 - Development Advisors
 - ITF Coaches Commission

Problems Encountered

- Educating and endorsing on a world scale
 - Knowledge and Playing Levels
 - Money
 - Isolated
- Providing quality up to date information and education with minimum cost and time.

ITF Coaches Education Programme Projects

- Courses
- Conferences
- Publications
- Websites
- ITF/OS Scholarship Programme
- Research



Role of Olympic Solidarity

- Funding for tennis available
- Tennis has benefited considerably
 - Coaches Education
 - Top player training



ITF Coaches Education Courses

- More than 70 coaches courses per year
- 1600 coaches attending per year
- ITF syllabi used by more than 100 nations
- Resources available in more than 10 languages
- Certification (beginner and intermediate, advanced, and high performance), tutor and short courses



ITF Coaches Education Conferences

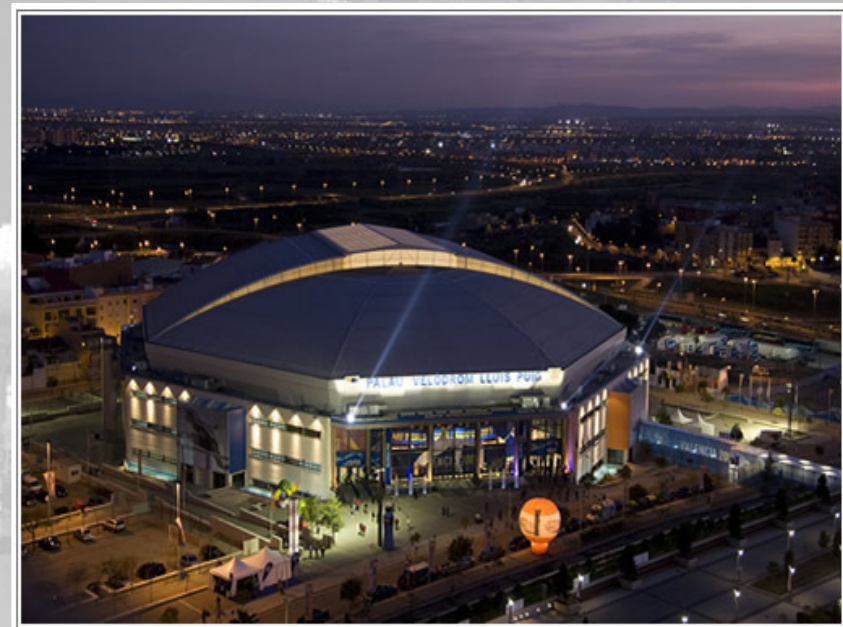
- Regional coaches conferences:
 - Held every 2 years
 - South America, Central America, Northern Africa, Southern Africa, East and West Africa, Asia and Europe
 - 800 coaches attending every 2 years





ITF Worldwide Coaches Conference by BNP Paribas

- The ITF Worldwide Coaches Conference by BNP Paribas is the showpiece of the ITF's Coach Education Programme. This five-day event offers a perfect combination of coaches' education, the latest sport science information and practical on-court coaching presentations.
- 16th ITF Worldwide Coaches Conference by BNP Paribas: 30th October – 3rd November 2009
- Location: Velodrome Luis Puig, Valencia (Spain)





Who did attend?

- Top coaches from more than 100 countries in the world. Davis Cup and Fed Cup Captains, team coaches and travelling coaches.
- Former top professional players.
- Sport Scientists, University professors, researchers and students.
- Physical conditioning experts, tennis psychologists, and other professionals related to tennis and tennis coaching.
- Over 750 delegates representing more than 100 countries are expected to attend.

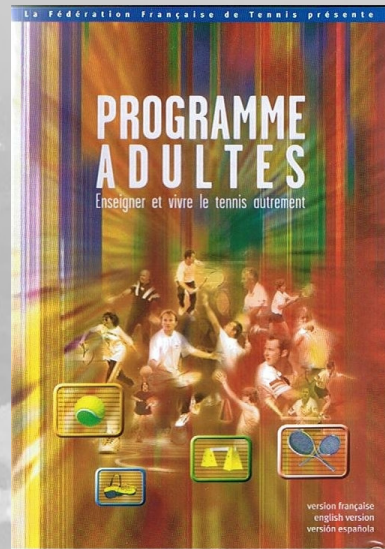
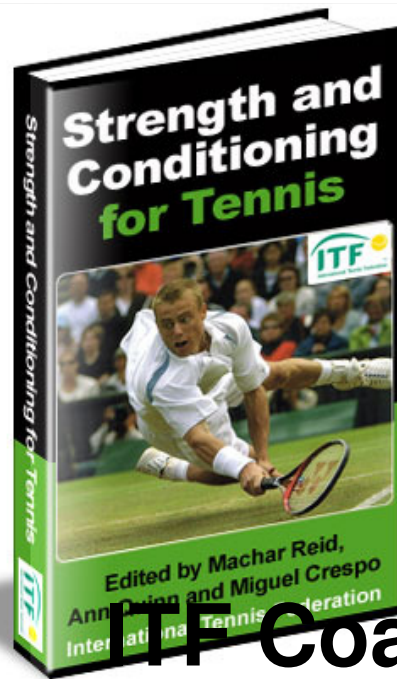




Speakers

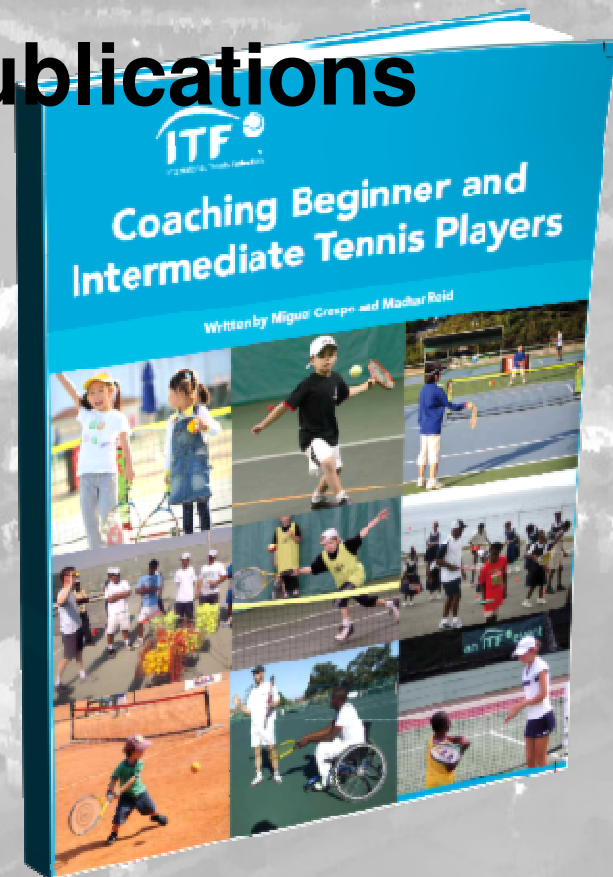
- Davis Cup, Fed Cup, Olympics, Paralympics and Grand Slam Champions and captains, such as Arantxa Sánchez Vicario, Victor Pecci, Pat Cash, Randy Snow, Brad Parks, Albert Costa, Georges Goven, Emilio Sánchez Vicario, Steven Martens, Gustavo Luza, and Niki Pilic.
- Former professional players and touring pros, such as Alex Corretja, Eliot Teltscher, Craig Tiley, and Bob Brett.
- University professors and tennis researchers such as Prof. Bruce Elliott, Dr. Ann Quinn, Prof. Karl Weber and Prof. Joachim Mester.
- Directors and owners of International Tennis Academies such as Nick Bollettieri, Emilio Sánchez Vicario and Lluís Bruguera.





ITF Coaches Education Publications

- Books:
 - More than 20 educational books published
 - English, French and Spanish
- E-books
- ITF Coaching and Sport Science Review:
 - 3 issues/year
 - English, French and Spanish
 - E-book format
- DVDs:
 - Doubles tactics
 - Proceedings of Coaching Conferences



ITF Coaches' Education Publications



Editorial

Welcome to Issue 33 of the ITF Coaching & Sport Science Review. This second issue for 2004 deals with the all-encompassing field of Tennis Development. We have selected what we considered to be some of the more pressing "Development" matters facing both our national associations and of course the coaches the world over who are doing their utmost to develop the sport.

Some of the tennis world's leading authorities in Tennis Development have contributed to Issue 33:

- Kirk Anderson (Director of Community Play, USTA).
- Karl Davies (Development Officer for East and Southern Africa, International Tennis Federation).
- Frank van Fraayenhoven (Director of Coaching for the KNLTB, The Netherlands).
- Peter Johnston (Marketing Director and Head of Men's Tennis, Tennis Australia).
- Suresh Menon (Development Officer for Asia, International Tennis Federation).
- Miguel Miranda (Development Officer for South America, International Tennis Federation).
- Ari Novick (Director, Coaching Development, Tennis Canada).
- Anne Pankhurst (Director of Coaches Education, ITA).
- Brenden Sharp (ITF Coordinator, International Tennis Federation).

We would like to extend our gratitude to them for their help with this issue.

The dates and venues for this year's ITF Regional Coaches' Workshops have been finalised and the information has now been sent out to the nations concerned. Readers are encouraged to contact their National Associations for further information if they have not already done so. Please see inside for additional information including venues and programme speakers. We hope to see you at one of the Workshops!

As a follow up to the Marketing of the Game project and the International Tennis Rating Task Force, 2003 saw the creation of an ITF Introductory Tennis Task Force. The task force's goal is to investigate how tennis can be introduced more effectively to children and adults worldwide.

As part of the first meeting in June 2003, several sub groups were established:

- Adult tennis
- Mini Tennis
- Competition Formats
- Equipment (ball, racquet, and court)

We will keep you informed of further developments in the upcoming issues of the Review.

In 2003, the ITF Coaches' Commission nominated Anna Skorodumova (Russia) for an Award for Services to the Game. At the ITF's Annual General Meeting in Barcelona (Spain) in June, Skorodumova was honoured with this Award. Anna is a world renowned tennis scientist who has authored several books and articles, and has worked with top players such as Kafelnikov, Safin, Medvedev, Medvedeva, among many others. We would like to extend our congratulations to Anna. She adds her name to the growing list of excellent coaches whom have been recognised for their long and distinguished service to the game on a national and international level.

On another note, in response to an article published in Issue 32 of the Review, we would like to thank several companies that have provided us with some coaching tools for the on-court control of training. These companies include: SiliconCoach: www.siliconcoach.com, Ace Tennis: www.acetennischarting.com, and Pro-compare: www.procompare.net.



Miguel Miranda, Development Officer for South America, undertaking the "On Court Assessment" of the ITF's development initiative, the International Tennis Number, in Peru.

Dave Miley
Executive Director,
Tennis Development

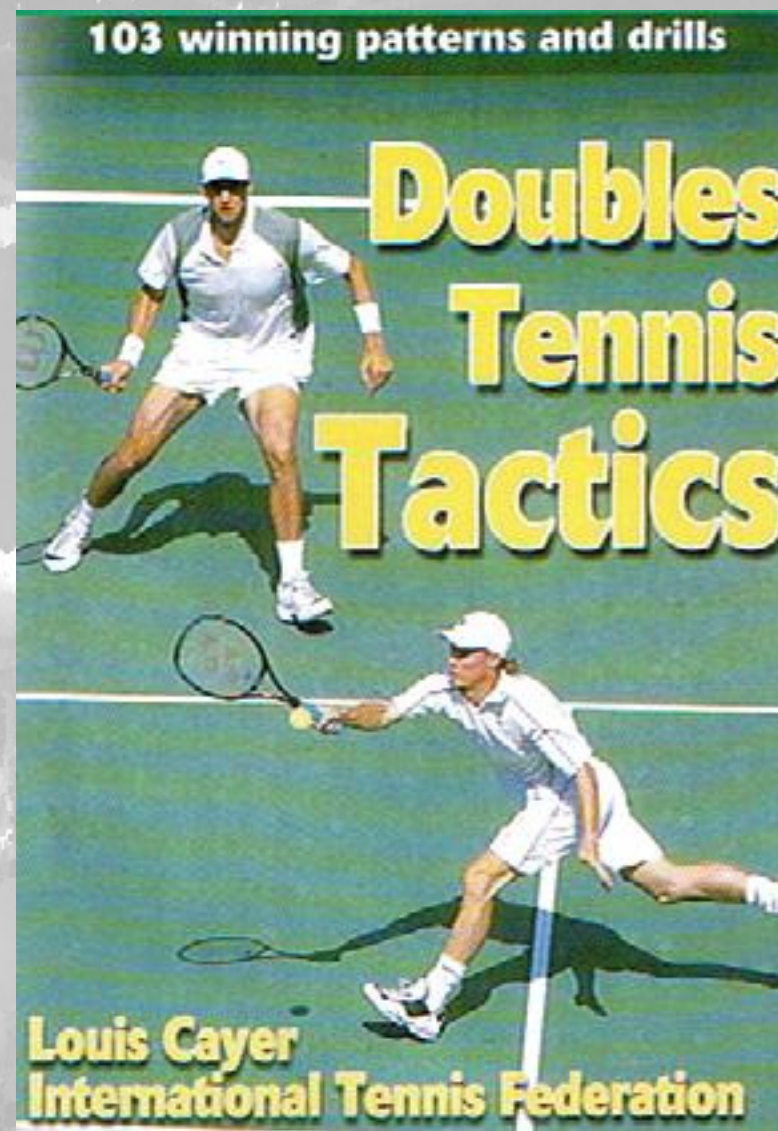
Miguel Crespo
Research Officer,
Tennis Development

Machar Reid
Assistant Research Officer,
Tennis Development

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- 3 WHEN, HOW AND WHAT
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TENNIS COACH
By Frank van Fraayenhoven
(NED)
- 4 PROVIDING SUCCESSFUL
LESSONS
From Tennis Canada Club
Pro 1 Certification Manual
- 5 HANDHELD COMPUTERS
By Brenden Sharp (ITF)
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12th YEAR ISSUE 33,
AUGUST 2004

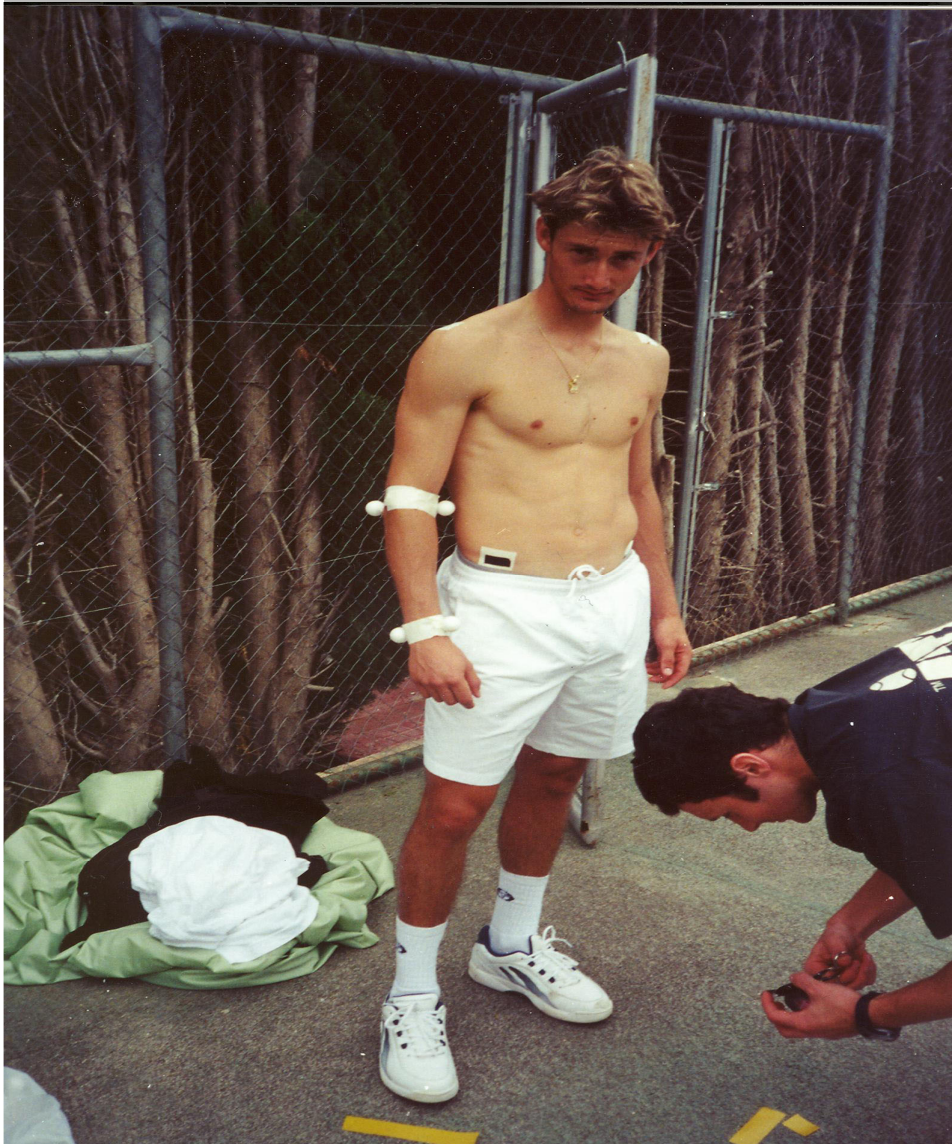


ITF/OS Coaches Scholarship Programme

- In conjunction with Olympic Solidarity
- Coaches training in ITF Coaching Office and Tennisval High Performance Centre (Valencia, Spain)



ITF Coaches' Education Research



- Research grants
- Co-operation with Academic institutions



ITF Coaches Education Websites

- www.itftennis.com/coaching
- www.tennisicoach.com
- www.mytennisicoach.com
- <https://store.itftennis.com>



Target Audience of Websites

- Coaches
- Course Tutors
- National Associations
- Parents
- Players
- Sport Scientists and Physio's



ITF Coaching

Welcome to the Coaching Weblet, part of ITF Online

This section of the ITF's Official website contains information on Coaching. Please click on the link above to find out more...



Welcome to Issue 33 of ITF Coaching & Sport Science Review - 02 Sep 2004

This second issue for 2004 deals with the all-encompassing field of Tennis Development. We have selected what we considered to be some of the more pressing "Development" matters facing both our national associations and of course the coaches the world ...

Subscribe to Coaching & Sport Science Review

The Official Coaching and Sport Science publication of the ITF published 3 times a year.

Regional Coaches Workshops

The Regional Coaches Workshops form a very important element of the ITF's Coach Education Programme. Organised by the ITF, in conjunction with the different regional associations, the next workshops are to be held in late 2004.

[3rd ITF Central American & Caribbean Regional Coaches Workshop](#)
[12th ITF Asian Regional Coaches Workshop](#)
[10o Workshop Regional De La ITF Para Entrenadores de Sudamérica](#)
[4th ITF African Regional Coaches Workshop](#)

Photo Gallery



Coaches/Administrators Education

Details of the programmes run by the ITF in order to educate coaches and administrators. Please click on the link above to find out more...



ITF Publications

The ITF Development Department is pleased to be able to offer for sale the following ITF publications...


ITF Monthly E-Mail Newsletter for Coaches, Year 5, Issue 10, October 2004

(05 Oct 2004) In an effort to keep you informed and updated on ITF coaching matters worldwide, in this issue of the newsletter you will find: ...

Sign up for the Monthly Newsletter

Have the newsletter sent to your email inbox each month.

[Contact Us](#)

[Home](#)[Tour](#)[Free Trial](#)[Membership](#)[New Content](#)[About](#)[Help](#)[Contact us](#)Language: English 

Members Login

Username:

Password:

MAIN MENU

Search:

Tennis Fundamental Strokes

[Forehand](#)[Backhand](#)[Volley](#)[Serve](#)[Smash](#)

Tennis Technique

[Grips](#)[Footwork](#)

Tennis Coaching - Tennis Videos - Tennis Tips

[Click HERE for a FREE tour of tenniscoach](#)

LEVEL OF PLAYERS

- [Beginner](#)
- [Intermediate](#)
- [Advanced](#)

SPORT SCIENCE

- [Medicine](#)
- [Biomechanics](#)
- [Psychology](#)

COACHING

- [Methodology](#)
- [Conditioning](#)
- [Coach Development](#)

VIDEO FOOTAGE

- [ITF Workshops](#)
- [Stroke Analysis](#)
- [Interviews](#)

EDUCATION

- [eLearning](#)
- [Courses](#)
- [Conferences](#)

RESOURCES

- [Books](#)
- [Articles](#)
- [Equipment](#)

[Click here for FREE tenniscoach Membership](#)

The logo for tennis iCoach, featuring the word "tennis" in blue, "iCoach" in blue, and a yellow tennis ball icon with a white seam to the right. A green swoosh arches over the text.

tennis iCoach

The easiest, most comprehensive way to keep up to date with an unmatched range of the very latest tennis videos, advice, tips and educational tutorials, for both tennis coaches and players.

The birth of Tennis iCoach



The ITF have been gathering best practice tennis coaching and playing information from every corner of the world since the ITF Tennis Development department was created back in 1984

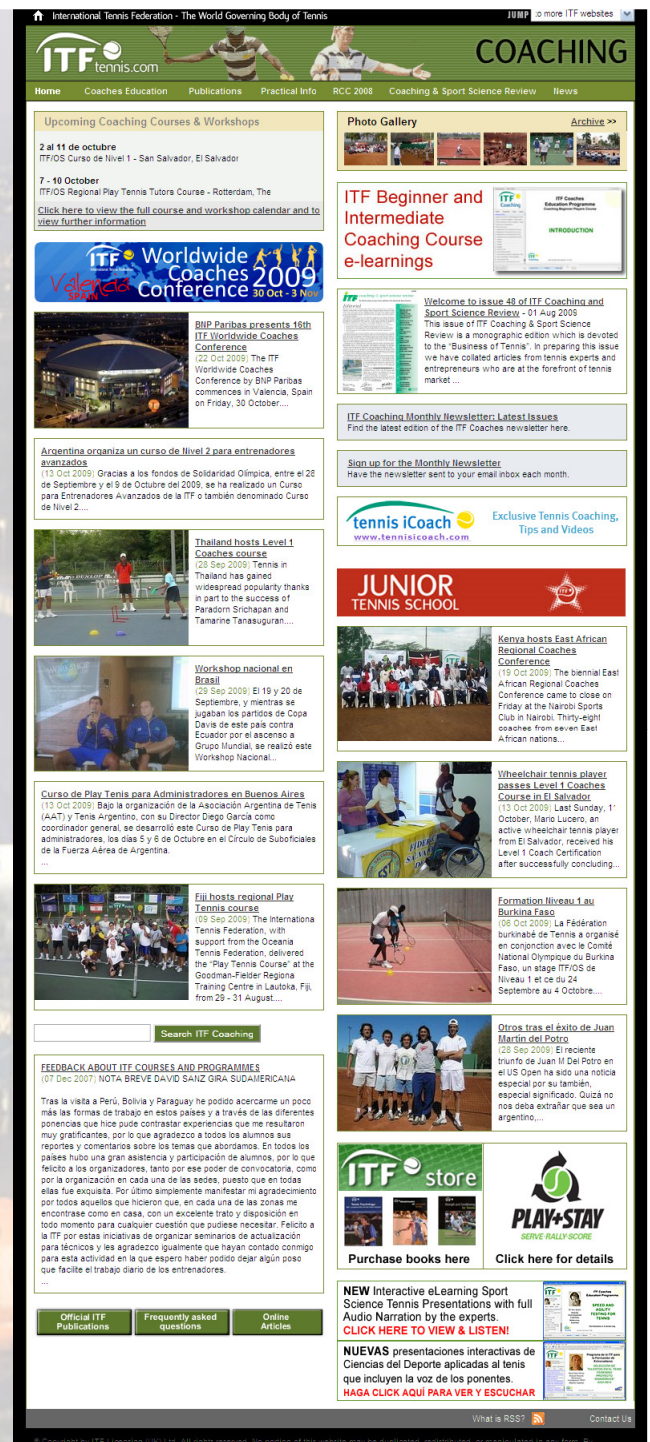


ITF Produced and Published Books

itftennis.com/coaching

The ITF coaching weblet is constantly being updated with news and information on the activities of the ITF's Coaching Department.

- ITF Coaching Courses
- Coaching Sports Science Review
- ITF Coaching Conferences
- Tennis Coaching News



The screenshot displays the ITF Coaching website interface. The header includes the ITF logo and navigation links. The main content area is divided into several sections:

- Upcoming Coaching Courses & Workshops:** Lists events such as the ITF OS Curso de Nivel 1 in San Salvador and the ITF OS Regional Play Tennis Tutors Course in Rotterdam.
- Worldwide Coaches Conference 2009:** Promotes the conference held in Valencia, Spain, from October 30 to November 3.
- Argentina organiza un curso de Nivel 2 para entrenadores avanzados:** Announces a Level 2 course for advanced coaches in Argentina.
- Thailand hosts Level 1 Coaches course:** Reports on a Level 1 coaching course held in Thailand.
- Workshop nacional en Brasil:** Describes a national workshop for coaches in Brazil.
- Curso de Play Tennis para Administradores en Buenos Aires:** Announces a course for tennis administrators in Buenos Aires.
- Fiji hosts regional Play Tennis course:** Reports on a regional play tennis course held in Fiji.
- Wheelchair tennis player passes Level 1 Coaches Course in El Salvador:** Celebrates a player achieving Level 1 coaching certification.
- Formation Niveau 1 au Burkina Faso:** Announces a Level 1 coaching formation in Burkina Faso.
- Otros tras el éxito de Juan Martín del Potro:** Discusses the success of Juan Martín del Potro and its impact on tennis.

The sidebar on the right contains a **Photo Gallery**, **ITF Beginner and Intermediate Coaching Course e-learnings**, **ITF Coaching Monthly Newsletter**, and **Junior Tennis School** information.

tennisicoach.com

The Tennis iCoach website is the location the ITF publish all the information the Coaching department gather and generate from all over the world.



[Home](#) [Tour](#) [Free Trial](#) [Membership](#) [New Content](#) [About](#) [Help](#) [Contact us](#)

Language: English

Members Login

Username:

Password:

Login

MAIN MENU

Search:

Search

Tennis Fundamental Strokes

[Forehand](#)

[Backhand](#)

[Volley](#)

[Serve](#)

[Smash](#)

Tennis Technique

[Grips](#)

[Footwork](#)

[Strokes](#)

[Stroke phases](#)

Tennis Biomechanics

[Balance](#)

[Inertia](#)

[Momentum](#)

[Elastic energy](#)



CLICK HERE for details!

Tennis Training

[Basket](#)

[Rally](#)

[Complex](#)

[Point play](#)

[Cross training](#)

Tennis Playing Levels

[Females](#)

[Juniors](#)

[Males](#)

[Beginners](#)

[Intermediate](#)

[Advanced](#)

Tennis Contents

[Physical](#)

[Mental](#)

[Technical](#)

[Tactical](#)



Do an ITN On Court Assessment to see how good you are and find out where you rate!



Tennis Coaching - Tennis Videos - Tennis Tips

Click HERE for a FREE tour of tennisicoach

LEVEL OF PLAYERS

[- Beginner](#)

[- Intermediate](#)

[- Advanced](#)

SPORT SCIENCE

[- Medicine](#)

[- Biomechanics](#)

[- Psychology](#)

COACHING

[- Methodology](#)

[- Conditioning](#)

[- Coach Development](#)

VIDEO FOOTAGE

[- ITF Workshops](#)

[- Stroke Analysis](#)

[- Interviews](#)

EDUCATION

[- eLearning](#)

[- Courses](#)

[- Conferences](#)

RESOURCES

[- Books](#)

[- Articles](#)

[- Equipment](#)

Click here for FREE tennisicoach Membership

Announcing New ITF tennis iCoach - Website

Welcome to tennisicoach. The easiest and most comprehensive way to keep up to date with an unmatched range of tennis advice, tools, tips and educational tutorials, available in a wide range of formats.

Now tennis coaches, tennis players and tennis enthusiasts alike are able to access the very latest in tennis information, from tennis experts all around the world.



Access hours of exclusive video featuring the best male & female players from different angles in practice & matches.

Our video footage taken during both matches & match practice, is shot from different angles to give members a never before available insight into the techniques that give them the edge.

Amelie Mauresmo	Elena Dementieva	Kim Clijsters	Radek Stepánek
Ana Ivanovic	Fabrice Santoro	Lleyton Hewitt	Rafael Nadal
Andy Roddick	Feliciano Lopez	Marcos Baghdatis	Richard Gasquet
Anna-Lena Groenefeld	Fernando Gonzalez	Maria Sharapova	Roger Federer
Carlos Moya	Igor Andreev	Mario Ancic	Samantha Stosur
Daniela Hantuchova	Ivan Ljubicic	Martina Hingis	Sebastien Grosjean
David Ferrer	James Blake	Nadia Petrova	Serena Williams
David Nalbandian	Jelena Jankovic	Nikolay Davydenko	Svetlana Kuznetsova
Dinara Safina	Jonas Bjorkman	Novak Djokovic	Tatiana Golovin
Domink Hrbaty	Juan Carlos Ferrero	Patty Schnyder	Tommy Haas

Take advantage of our Slow motion video

Members can view, analyse and draw from the tried and tested techniques of these top players both in slow motion at regular speed.

tennisicoach.com

Its a subscription based membership website.

Users can register

- 1 Day Free access
- Full 1 year access

The screenshot displays the tennis iCoach website. At the top, the logo 'tennis iCoach' is accompanied by an ITF Coaching logo. A navigation bar includes links for Home, Tour, Free Trial, Membership, New Content, About, Help, and Contact us. Below this, a 'Members Login' section features fields for Username and Password, a Login button, and a search bar. The 'MAIN MENU' lists various categories: Tennis Fundamental Strokes (Forehand, Backhand, Volley, Serve, Smash), Tennis Technique (Grips, Footwork, Strokes, Stroke phases), Tennis Biomechanics (Balance, Inertia, Momentum, Elastic energy), Tennis Training (Basket, Rally, Complex, Point play, Cross training), Tennis Playing Levels (Females, Juniors, Males, Beginners, Intermediate, Advanced), and Tennis Contents (Physical, Mental, Technical, Tactical). A prominent yellow banner reads 'Tennis Coaching - Tennis Videos - Tennis Tips' with a button 'Click HERE for a FREE tour of tennisicoach'. Below this, a grid of categories includes 'LEVEL OF PLAYERS' (Beginner, Intermediate, Advanced), 'SPORT SCIENCE' (Medicine, Biomechanics, Psychology), 'COACHING' (Methodology, Conditioning, Coach Development), 'VIDEO FOOTAGE' (ITF Workshops, Stroke Analysis, Interviews), 'EDUCATION' (eLearning, Courses, Conferences), and 'RESOURCES' (Books, Articles, Equipment). A red banner at the bottom of the grid says 'Click here for FREE tennisicoach Membership'. A section titled 'Announcing New ITF tennis iCoach - Website' welcomes users and highlights the site's comprehensive range of tennis advice, tools, tips, and educational tutorials. It also mentions that tennis coaches, players, and enthusiasts can access the latest information from experts worldwide. A video player shows a tennis match with a play button overlay. Below the video, a section titled 'Access hours of exclusive video featuring the best male & female players from different angles in practice & matches.' describes the video footage as a never-before-available insight into top players' techniques. A list of players is provided, including Amelie Mauresmo, Ana Ivanovic, Andy Roddick, Anna-Lena Groenefeld, Carlos Moya, Daniela Hantuchova, David Ferrer, David Nalbandian, Dinara Safina, Dominik Hrbaty, Elena Dementieva, Fabrice Santoro, Feliciano Lopez, Fernando Gonzalez, Igor Andreev, Ivan Ljubicic, James Blake, Jelena Jankovic, Jonas Bjorkman, Juan Carlos Ferrero, Kim Clijsters, Lleyton Hewitt, Marcos Baghdatis, Maria Sharapova, Mario Ancic, Martina Hingis, Nadia Petrova, Nikolay Davydenko, Novak Djokovic, Patty Schnyder, Radek Stepánek, Rafael Nadal, Richard Gasquet, Roger Federer, Samantha Stosur, Sebastien Grosjean, Serena Williams, Svetlana Kuznetsova, Tatiana Golovin, and Tommy Haas. A section titled 'Take advantage of our Slow motion video' explains that members can view, analyze, and draw from the techniques of these top players in both slow motion and at regular speed.

Tennis iCoach Members Home Page



The Main Categories of the website.

<u>BIOMECHANICS</u>	<u>COACH DEVELOPMENT</u>	<u>CONDITIONING</u>
<u>CONFERENCES - ITF</u>	<u>ELEARNING MODULES</u>	<u>GRIPS FOR TENNIS</u>
<u>INTERVIEWS - VIDEO</u>	<u>MEDICINE FOR TENNIS</u>	<u>PLAYER DEVELOPMENT</u>
<u>PSYCHOLOGY IN TENNIS</u>	<u>SEQUENCE PHOTOS</u>	<u>TALENT</u>
<u>TACTICS IN TENNIS</u>	<u>METHODOLOGY</u>	<u>GAME BASED APPROACH</u>
<u>BEGINNER</u>	<u>INTERMEDIATE</u>	<u>ADVANCED</u>

Information Formats



- Videos (65 GB so far)
 - ITF Coaching Conferences
 - Player Drills
 - Interviews with Experts
 - Conditioning Exercises
 - Professional Player Strokes
- Text based articles
- eLearning Modules
- Over 1,000 sequence Pro player photos

Video Presentations



Exclusive Videos of presentations made at ITF coaching conferences from around the world including the ITF Regional Coaches Conferences and the Worldwide Coaches Conference



Video of Pro Players



We have over 65 GB of Video footage of coaching conferences, drills, exercises and pro players recorded at various locations from all over the world.



Sequence Pro Player Photos



Over 1,000
sequence
photograph
s together
with
technical
analysis of
the top
professional
players



Technical and Biomechanical Analysis



SWING PHASE

Backswing

Note the beginning of a circular motion which lengthens the distance the racquet head travels to allow the generation of racquet head speed. The non-dominant hand is extended strongly across the body to have the shoulders rotated a greater distance than the hips to create a separation angle between the hips and the shoulders.



Video + Slideshow Presentations



LEARNING TOOLS / DISTANCE LEARNING

Miguel Crespo and Scott Over



00:00:00 / 00:08:24



1 / 22



eLearning Presentations



We have 55 eLearning presentations produced and narrated by the experts in their field from all over the world.



Tennis Play and Stay (00:06 / 21:24)

| SEND LINK




Dave Miley
Executive Directory of
Development

Bio


Outline Search Thumbnails

1. Tennis... Play and StayIncreasing Tennis Part
2. In this Presentation
3. The Campaigns main focus
4. Most of these things are Obvious
5. Intro to Tennis Task Force
6. Task Force Members
7. The Challenge!
8. A need to adapt Tennis to the different custom
9. Agreed Objective
10. French Adult Tennis Programme
11. LTA's Raw Tennis
12. USTA's CardioTennis
13. LTA's Mini Tennis
14. Adult Market is very important
15. First Experience of the Starter Player
16. Camp based approach



Tennis.... Play and Stay

Increasing Tennis Participation Worldwide



eLearning Modules



The ITF Coach Education department developed eLearning modules to help candidates prepare for their Coaching Beginner Players Course.

Modules cover all the information included in the ITF Coaches Manual.

Questions



Mini tennis (07:24 / 07:29)

ATTACHMENTS



Outline Thumbnails Notes Search

- 8. Taking mini-tennis to the schools
- 9. Objectives of mini-tennis
- 10. Planning a mini-tennis session
- 11. Equipment for mini-tennis
- 12. Surface and court size for mini-tennis
- 13. Court boundaries for mini-tennis
- 14. Net and posts for mini-tennis
- 15. Mini-tennis rackets
- 16. Mini-tennis balls
- 17. Fun!
- 18. Activity!
- 19. Basic tennis technique
- 20. Basic tennis technique
- 21. Mini-tennis practices
- 22. Mini-tennis practices
- 23. Mini-tennis practices
- 24. Conclusion From mini-tennis to tennis
- 25. Quiz - Chapter Mini tennis

Quiz - Chapter Mini tennis

Question 4 of 10:

Point Value: 10

A low compression ball, which is ideal for mini-tennis, has the following characteristics:

- ☐ It is lighter and softer than a regular tennis ball
- ☐ It is harder than a regular tennis ball
- ☒ It is a lot cheaper than a regular ball
- ☐ Both a) and c) above)

Submit

Score so far: 10 points out of 30 (33%)

Text based articles



We have over 500 tennis specific articles written by experts from all over the world.

Tennis Technique
Tennis Training
Tennis Conditioning
Mental Training
Tennis Tactics
Stroke Variations

A screenshot of the ITF Coaching website. The top navigation bar includes links for Home, Tour, Free Trial, Membership, Services, About, Help, and Contact us. On the left, a sidebar menu lists various categories: Tennis Technique (Grips, Footwork, Stroke phases, Biomechanics, Balance, Inertia, Opposite force, Momentum, Elastic energy, Co-ordination chain), Tennis Training (Basket, Rally, Complex, Hand feeding, Point play, Females, Juniors, Males, Beginners, Intermediate, Advanced, Physical, Mental, Technical, Tactical), Tennis Conditioning (Co-ordination, Power, Strength, Speed, Endurance, Flexibility, Agility, Cross training, Recovery), and Mental (Tennis) (Motivation, Concentration, Emotional control, Self-confidence). The main content area features an article titled 'Phases of World-Class Tennis Player Development' by Paul Lubbers, PhD (USTA) and Daniel Gould, Ph.D. (Department of Exercise & Sport Science, University of North Carolina Greensboro). The article has a 3-star rating. The text discusses the progressive development of a world-class tennis performer, mentioning that research suggests it takes a minimum of 10 years or 10,000 hours (Ericsson, 1996). It outlines three stages: Stage 1: Introduction to tennis/Developing Tennis Fundamentals, Stage 2: Refinement/Developing into a "serious" Tennis Player, and Stage 3: Peak Performance. A small image of a tennis player is visible on the right side of the article.

Some Stats



- Over 12,000 people have registered
- Users from 181 different countries
- Special agreements with National Federations to provide access to Tennis iCoach via their National Federation
- Anybody can subscribe and become a member of Tennis iCoach



Coaches' Licence scheme

- Using icoach as contents for the:
 - Long – Life – Learning
 - Continuous development
 - Personal improvement
 - How to?
 - Advantages

Major Nations

- Australia
- Italy
- South Africa
- Ireland
- UK
- Portugal
- Spain
- Netherlands (January 2010)
- Canada (January 2010)

Please click on the stars to rate this article.



This is a fantastic article that all tennis coaches should read.

Sharpie

Monday, 30 April 2007

[\[reply\]](#)



Excellent article about tennis player development

Patrick

Wednesday, 2 May 2007

[\[reply\]](#)



This boy Lubbers is really a rocket!!

Miguel

Wednesday, 2 May 2007

[\[reply\]](#)

[Leave a comment](#)

Who has the best backhand in the game?

Roger Federer 67% (4)



Rafael Nadal 0% (0)



Tommy Haas 0% (0)



Ivan Ljubicic 17% (1)



Marat Safin 17% (1)



Comments from Stake holders

- Enhance eLearning modules to enable National Federations to track usage and pass, fail outcomes.
- Provide a download facility for videos.
- Better categorisation of information.
- Improve search functionality.
- Additional languages.

Future Developments



- Migrating to new platform: Drupal.
 - Better categorisation of information.
 - Improved search functionality.
 - Opportunity to Add languages.
- Provide a download facility for videos.
- Advertising (Geo-targeting)
- User generated content.
- Attracting more NA's to sign up, more languages more coaches.
- Attend and record more Matches, Events and Conferences.

Open Control Panel



Home

My profile

Self Assessment

Evaluation

GAP Analysis

Individualised Plan

What's next?

Home



Home



Contact



Register

Welcome to mytennisicoach.com

MyTennisCoach is the first comprehensive digital platform for tennis coaches' education.

You can use it to Improve in your continuous professional development as a tennis coach. How can you do this? The engine created by the ITF takes you through a step-by-step process that identifies the areas in which you can improve as a tennis coach and guides you towards the resources in the ITF webpage <http://www.tennisicoach.com/> that will assist you in this process.

[Read more...](#)



Obtain personalised information in 7 steps

Register:Logi	UpdateProfile	Lookyourself	Exam	ChartResults	PersonalPlan	Development
Register:Logi	UpdateProfile	Lookyourself	Exam	ChartResults	PersonalPlan	Development

Account login

Username

Password

☐ Remember me

Login

[Lost Password?](#)

No account yet? [Register](#)

Who's Online?

Open Control Panel



Home

My profile

Self Assessment

Evaluation

GAP Analysis

Individualised Plan

What's next?

Home ★ My profile ★ Miguel Crespo

Home Contact Register

My Profile page



The programme starts by helping you define your individual profile as a coach.

Apart from your general data, you will have to indicate all your different backgrounds; playing, coaching, academic, and other aspects. Besides, you will have to select specific areas in which you would like to improve. This step also offers you the option to continuously update your curriculum vitae in order to have on file all your life-long-learning experiences.

You will have to fill in the background information as accurately as you can, so the system can have a glimpse at what type of coach you are.

★ Edit



Hits	27
Online Status	ONLINE
Member Since	07/01/2008 16:44:00
Last Online	04/28/2010 17:49:21
Last Updated	09/28/2008 15:51:58

General Data

Playing Background

Coaching Background

Academic Background

Others

Improvements

Blog

Upload

Website: www.itftennis.com/coaching

Gender: Male

Age: 40 - 60

City: Valencia

State/County: Valencia

Country: Spain



Introduction to Self Assessment



The platform then takes you to a self-evaluation of your professional coaching competences (step 3).

You have to indicate how competent you perceive yourself by answering a battery of questions related to both your skills and knowledge in the different areas of tennis coaching: training, competition, management and education. You will also have to indicate how knowledgeable you think you are as per the different sport sciences: biomechanics, medicine, nutrition, psychology, methodology, conditioning, and other relevant fields.

Planning the training

CBTP1: I know how to promote participation.

Completely agree
Agree
Somewhat agree
Disagree
Completely disagree

☐ ☐ ☐ ☐ ☐

CBTP2: I know how to follow a Code of Conduct for tennis coaching.

☐ ☐ ☐ ☐ ☐

CBTP3: I know how to consider the different elements of the long-term development of tennis players

☐ ☐ ☐ ☐ ☐

CBTP4: I know how to ensure the basic session plan enables everyone to take part to the best of their ability, according to their needs and avoids discrimination or stereotyping.

☐ ☐ ☐ ☐ ☐

Organising the training

CBTO1: I know how to ensure safety procedures prior to the session

Completely agree
Agree
Somewhat agree
Disagree
Completely disagree

☐ ☐ ☐ ☐ ☐

CBTO2: I know the basic characteristics of most appropriate equipment and facilities for my players (racquets, balls,

Introduction to Evaluation



The next step (4) is your evaluation.

You will have to answer several questions that the platform has selected based on the profile and self evaluation of competencies you entered previously. This step consists on a battery of specific and individualised multiple choice questions on sport science and coaching contents. Please go through all the sections: training, competition, management and education. Select the answer you think is the correct one for each question and proceed to the next one. Your answers will be analysed by the programme and taken into account for the next step of the process.

Good luck!

Questions on Planning the training

ETP1: Which style of coaching is compatible with the objective of Athlete first, winning second philosophy.

- ☐ Submissive style
- ☐ Co-operative style.
- ☐ Command style
- ☐ None of the above.

ETP2: Sexual discrimination does not include

- ☐ Intimidating sexual remarks
- ☐ Homophobic graffiti
- ☐ Homosexual behaviour
- ☐ Physical contact

ETP3: Ideally the coach should be able to perform five types of feeding, among these are:

- ☐ Underhand toss/ Drop feed
- ☐ Heavy topspin feed
- ☐ Feed in a rally situation
- ☐ Both a) and c) above

ETP4: Private lessons differ to group because

- ☐ They expect an individualised program.
- ☐ They want to learn at their own pace.

Introduction to GAP Analysis



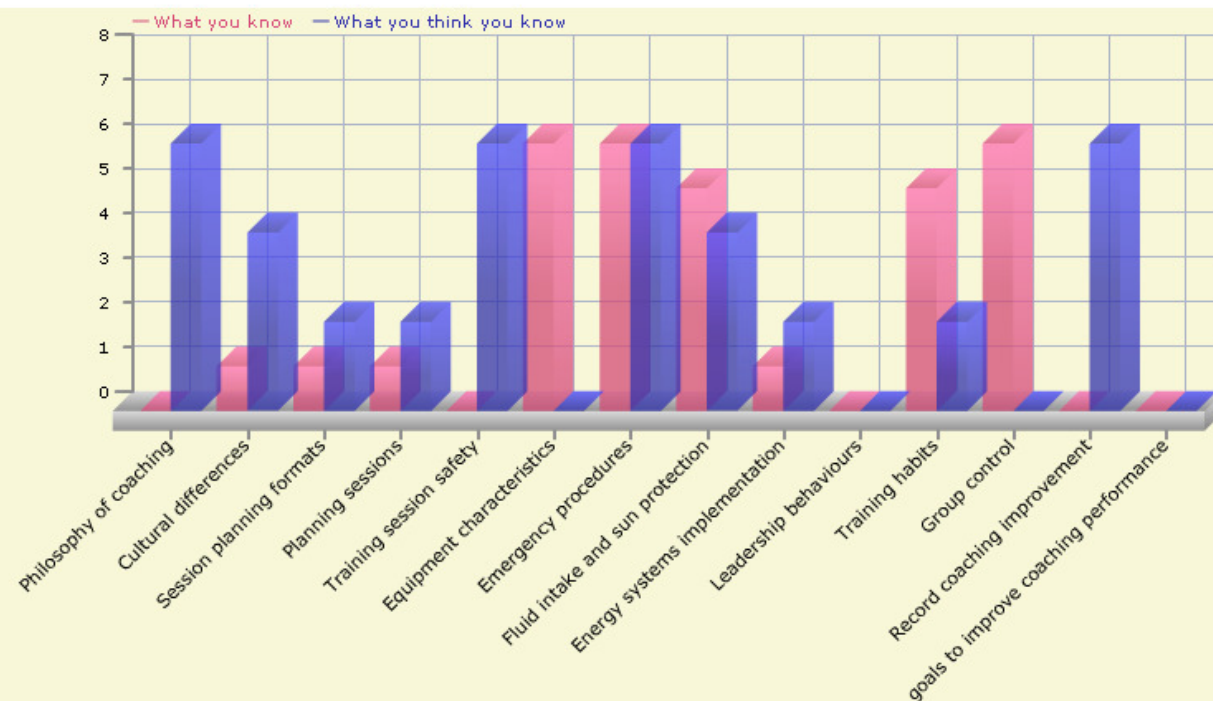
The next step (5) gap analysis consists of the comparison of the results of the answers in the evaluation to your profile and competencies entered in previous steps of the process.

The platform is able to calculate the difference between your perceived knowledge and skills (step 3) and your assessed knowledge (step 4) from the previous battery of multiple choice questions.

The gaps (step 5) on your competencies as a tennis coach found in this process will determine the next step.

Chart Results for Training GAP Analysis

Please find below a chart result in which it is depicted the comparison between what you know (red column), taken from your answers to the multiple choice questions in the evaluation and what you think you know (blue column) taken from your self-assessment of the competencies for this area.



Introduction to Individualised Plan



In this stage (6) you will find your personal an individualised development plan.

After you completing the registration, your profile, finalising your self-assessment and answering the relevant questions in the evaluation stage, the programme has identified the competency areas you need to improve from the details and information you have provided in the gap analysis stage. In this stage, the programme is able to find the adequate resources tailored to your development and improvement as a coach. By doing this, the platform is directing you to the recommended content you are suggested to cover in the wealth of information included in tennisicoach. Please feel free to go through the links and resources indicated and complete the activities and tasks in each of them.

Plan for improving your competencies in training

★ Competencies extremely recommended:

From the gap analysis produced by the programe and the information included in tennis icoach, we strongly recommend you go through the following resources.

Philosophy of coaching: Philosophy of coaching is the study of the purpose, process, nature and ideals of tennis education. This can be within the context of education as a societal institution or more broadly as the process of human existential growth, i.e. how our understandin



[Tennis Player Development Philosophy \(Philosophy of coaching\)](#)

Training session safety: The provision of measures to protect players from potential risks during the session.



[Safety in class organisation \(Training session safety\)](#)

Leadership behaviours: The implementation of behaviours to guide players during the session



[Myths of tennis coaching \(Leadership behaviours\)](#)

Record coaching improvement: Ability to record improvement



[Goal setting \(Record coaching improvement\)](#)

ITF Coaches' Education Overview



Courses	Workshops	OS Coaches Programmes	Resources / Publications
<ul style="list-style-type: none">• Level 1 Coaches Course• Level 2 Coaches Course• Level 3 Coaches Course• Tutors Courses• Specific Theme Courses	<ul style="list-style-type: none">• Regional Coaches Workshops• Worldwide Coaches Workshop	<ul style="list-style-type: none">• Technical Courses for Coaches• OS Scholarships• National Sports Structure Development	<ul style="list-style-type: none">• ITF Coaching Website• Books / Videos / DVDs• Coaching & Sport Science Review• Online articles• eLearning Presentations• Email Monthly Newsletter• Research Grants



Conclusion ITF Coaches Education Programme Challenges

- Funding
- Languages
- Education
- Structure
- Mentality

